



FOUR MONTHS

Name _____ Date _____

Weight _____ Length _____ Head Circumference _____

Immunizations: (note: your child's doctor may modify the immunization schedule at times)

1. Diphtheria/Tetanus/Pertussis (DTaP) - protects against diphtheria, tetanus, pertussis (whooping cough)
2. Polio (IPV) – protects against polio virus
3. Haemophilus influenza B (HIB) – protects against a bacteria that causes meningitis, blood, and throat infections
4. Pneumococcal Conjugate—protects against a type of meningitis and blood infection, and some ear infections
5. Rotavirus—protects against a virus which causes severe vomiting and diarrhea

After immunizations some infants may experience discomfort or fever. Treat any local reactions at the site of the immunizations (for example, redness or swelling) with a cool compress for ten minutes at a time every few hours. You may give your child acetaminophen as needed. Reactions from the immunizations should be gone in 48-72 hours, although a small firm non-tender lump under the skin may remain for up to two months. If the baby has a fever of 101° F (38.3° C) or higher or appears very sick after the immunizations, contact the office.

Feeding:

Your baby should continue on breast milk or formula. If most of her milk is breast milk, she should take either:

- Vitamin D drops (400 IU once a day) PLUS Fer-in-sol drops (0.75 mL once a day)

OR

- Poly-Vi-Sol with iron (1 mL once a day)

Office Hours and Telephone Coverage: We are available 24 hours a day, 365 days a year!

- Monday-Friday: 8:30am-5:30 pm (later as needed to accommodate urgent visits)
- Saturdays and Holidays: 9am-12pm (later as needed to accommodate urgent visits) – Urgent visits only
- Sundays: Mornings (office times vary); Call starting at 8am – Urgent visits only
- After regular business hours: After hour calls are answered by well-trained pediatric nurses who follow protocols approved by Longwood Pediatrics. Please restrict calls to urgent medical issues only.

Please ALWAYS call us before going to any emergency room.

Appointment Scheduling:

- Well Visit/Checkups: Our schedules are open one year in advance for routine well visit appointments. **Schedule your next well visit today!**
- Sick Visits: It is best to call the office early in the day to schedule an appointment. You can make an appointment by pressing option 2 for the receptionist. If you are not sure that your child needs to be seen, you may leave a message for our nursing staff and a nurse will call you back within an hour.

Communication:

Did you know that you can contact Longwood Pediatrics by email to request non-urgent appointments, medication refills, immunization records, and communicate with your child's provider? Sign up at the front desk today!

Like us on Facebook  Follow us on Twitter 

Next Visit:

The next visit will be at age six months. At that time she will receive the following immunizations: Diphtheria/Tetanus/Pertussis (DTaP), Polio (IPV), Haemophilus influenza B (HIB), Hepatitis B, Pneumococcal Conjugate, and Rotavirus.

Updated 5/19/16



Bright Futures Parent Handout 4 Month Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

FAMILY FUNCTIONING

How Your Family Is Doing

- Take time for yourself.
- Take time together with your partner.
- Spend time alone with your other children.
- Encourage your partner to help care for your baby.
- Choose a mature, trained, and responsible babysitter or caregiver.
- You can talk with us about your child care choices.
- Hold, cuddle, talk to, and sing to your baby each day.
- Massaging your infant may help your baby go to sleep more easily.
- Get help if you and your partner are in conflict. Let us know. We can help.

NUTRITIONAL ADEQUACY AND GROWTH

Feeding Your Baby

- For babies at 4 months of age, human milk or formula remains the best food. Solid feeding is discouraged until about 6 months of age.
- Avoid feeding your baby too much by following the baby's signs of fullness
 - Leaning back
 - Turning away
- Ask us about programs like WIC that can help get food for you if you are breastfeeding and formula for your baby if you are formula feeding.

If Breastfeeding

- Exclusive breastfeeding for about the first 6 months of life provides ideal nutrition and supports the best possible growth and development.
- If you are still breastfeeding, that's great!
- Plan for pumping and storage of breast milk.

If Formula Feeding

- Make sure to prepare, heat, and store the formula safely.
- Hold your baby so you can look at each other while feeding.
- Do not prop the bottle.
- Do not give your baby a bottle in the crib.

SAFETY

Safety

- Use a rear-facing car safety seat in the back seat in all vehicles.
- Always wear a seat belt and never drive after using alcohol or drugs.
- Keep small objects and plastic bags away from your baby.
- Keep a hand on your baby on any high surface from which she can fall and be hurt.
- Prevent burns by setting your water heater so the temperature at the faucet is 120°F or lower.
- Do not drink hot drinks when holding your baby.
- Never leave your baby alone in bathwater, even in a bath seat or ring.
- The kitchen is the most dangerous room. Don't let your baby crawl around there; use a playpen or high chair instead.
- Do not use a baby walker.

INFANT DEVELOPMENT

Your Changing Baby

- Keep routines for feeding, nap time, and bedtime.

Crib/Playpen

- Put your baby to sleep on her back.
 - In a crib that meets current safety standards, with no drop-side rail and slats no more than 2³/₈ inches apart. Find more information on the Consumer Product Safety Commission Web site at www.cpsc.gov.
- If your crib has a drop-side rail, keep it up and locked at all times. Contact the crib company to see if there is a device to keep the drop-side rail from falling down.
- Keep soft objects and loose bedding such as comforters, pillows, bumper pads, and toys out of the crib.
- Lower your baby's mattress.
- If using a mesh playpen, make sure the openings are less than 1/4 inch apart.

INFANT DEVELOPMENT

Playtime

- Learn what things your baby likes and does not like.
- Encourage active play.
 - Offer mirrors, floor gyms, and colorful toys to hold.
 - Tummy time—put your baby on his tummy when awake and you can watch.
- Promote quiet play.
 - Hold and talk with your baby.
 - Read to your baby often.

Crying

- Give your baby a pacifier or his fingers or thumb to suck when crying.

Healthy Teeth

- Go to your own dentist twice yearly. It is important to keep your teeth healthy so that you don't pass bacteria that causes tooth decay on to your baby.
- Do not share spoons or cups with your baby or use your mouth to clean the baby's pacifier.
- Use a cold teething ring if your baby has sore gums with teething.
- Clean gums and teeth (as soon as you see the first tooth) 2 times per day with a soft cloth or soft toothbrush with a small smear of fluoride toothpaste (the size of a grain of rice).

ORAL HEALTH

What to Expect at Your Baby's 6 Month Visit

We will talk about

- Introducing solid food
- Getting help with your baby
- Home and car safety
- Brushing your baby's teeth
- Reading to and teaching your baby

Poison Help: 1-800-222-1222

Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org



American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

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BIRTH TO 6 MONTHS

Safety for Your Child

Did you know that hundreds of children younger than 1 year die every year in the United States because of injuries — most of which could be prevented?

Often, injuries happen because parents are not aware of what their children can do. Children *learn fast*, and before you know it, your child will be *wiggling* off a bed or *reaching* for your cup of hot coffee.

Car Injuries

Car crashes are a great threat to your child's life and health. Most injuries and deaths from car crashes **can be prevented** by the use of car safety seats. Your child, besides being much safer in a car safety seat, will behave better, so you can pay attention to your driving. Make your newborn's first ride home from the hospital a safe one — in a car safety seat. Your infant should ride in the back seat in a rear-facing car seat.

Make certain that your baby's car safety seat is installed correctly. Read and follow the instructions that come with the car safety seat and the sections in the owners' manual of your car on using car safety seats correctly. Use the car safety seat EVERY time your child is in the car.

NEVER put an infant in the front seat of a car with a passenger air bag.



Falls

Babies *wiggle* and *move* and *push* against things with their feet soon after they are born. Even these very first movements can result in a fall. As your baby grows and is able to roll over, he or she may fall off of things unless protected. **Do not leave your baby alone** on changing tables, beds, sofas, or chairs. **Put your baby in a safe place** such as a crib or playpen when you cannot hold him.

Your baby may be able to crawl as early as 6 months. **Use gates on stairways and close doors** to keep your baby out of rooms where he or she might get hurt. **Install operable window guards** on all windows above the first floor.

Do not use a baby walker. Your baby may tip the walker over, fall out of it, or fall down stairs and seriously injure his head. Baby walkers let children get to places where they can pull heavy objects or hot food on themselves.

If your child has a serious fall or does not act normally after a fall, call your doctor.



(over)



Burns

At 3 to 5 months, babies will wave their fists and grab at things. **NEVER carry your baby and hot liquids, such as coffee, or foods at the same time.** Your baby can get burned. You can't handle both! To protect your child from tap water scalds, the hottest temperature at the faucet should be no more than 120°F. In many cases you can adjust your water heater.

If your baby gets burned, immediately put the burned area in cold water. Keep the burned area in cold water for a few minutes to cool it off. Then cover the burn loosely with a dry bandage or clean cloth and call your doctor.

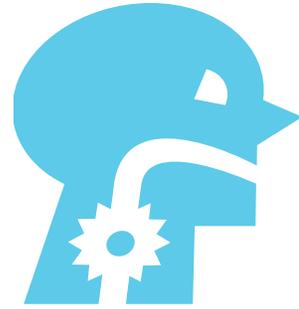
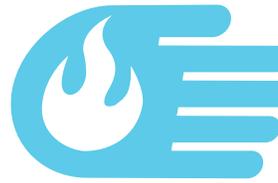
To protect your baby from house fires, be sure you have a working smoke alarm on every level of your home, especially in furnace and sleeping areas. Test the alarms every month. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries at least once a year.

Choking and Suffocation

Babies explore their environment by putting anything and everything into their mouths. **NEVER leave small objects in your baby's reach, even for a moment.** NEVER feed your baby hard pieces of food such as chunks of raw carrots, apples, hot dogs, grapes, peanuts, and popcorn. Cut all the foods you feed your baby into thin pieces to prevent choking. **Be prepared if your baby starts to choke. Ask your doctor to recommend the steps you need to know. Learn how to save the life of a choking child.**

To prevent possible suffocation and reduce the risk of sudden infant death syndrome (SIDS), **your baby should always sleep on his or her back. Your baby should have his or her own crib or bassinet with no pillows, stuffed toys, bumpers, or loose bedding. NEVER put your baby on a water bed, bean bag, or anything that is soft enough to cover the face and block air to the nose and mouth.**

Plastic wrappers and bags form a tight seal if placed over the mouth and nose and may suffocate your child. Keep them away from your baby.



From Your Doctor

The information in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on the individual facts and circumstances.

STARTING YOUR BABY ON SOLID FOODS

General Information

- You should generally start solid foods between 4-6 months of age. Starting solids earlier than this will not cause your baby to sleep longer at night and may cause digestive problems.
- For your baby's first year, breastmilk or formula is the most important part of her diet. As you introduce solids, make sure that she is still drinking adequate amounts of formula or breast milk (see table on reverse).
- Feed your baby all solids from a spoon. Putting cereal in the bottle is not a good idea, and part of learning about solids is learning to eat with a spoon.
- You may want to start solids at a time when your baby is hungry but not starving, such as after he has had a little formula or breast milk, but not after a full milk feeding when he is not at all hungry.
- Try to introduce new foods with enthusiasm, but do not force your child to eat something. If your child is not interested in a new food, put it away and try introducing it again later.
- When introducing new foods, there should be an interval of 2-3 days between each new food so that you will know if your baby is having a reaction to a new food. If your baby develops vomiting, rash, or diarrhea, please do not give that food again and discuss this reaction at your next visit. If your child develops hives or breathing problems, please call the office.

What Foods to Introduce (also see table on reverse)

- Somewhere between 4 and 6 months old, you may begin to introduce first foods such as infant cereals, pureed fruits, pureed vegetables, and pureed meats. Start with about one or two tablespoons of food once or twice a day. It is important to make sure that some of your infant's early foods contain iron, which is important for all babies' health. Iron-rich foods include iron-fortified baby cereals, meats, and beans.
- Once your child is about 8 months old and sitting up well, you may introduce finger foods such as biscuits, Cheerios, pasta, soft bread/toast, small pieces of soft vegetables or fruits, and shredded chicken or meat.
- **A note on constipation:** Sometimes when a baby starts on solid foods, he will become constipated (hard stools). If your baby becomes constipated, use whole wheat or barley cereal instead of rice cereal and avoid bananas and sweet potatoes, which are constipating. All the fruits which begin with "P" (prunes, plums, pears, peaches) will help soften your baby's stool, so give them often if your baby is having hard stools. If your baby is constipated, you may also give him 2 ounce of prune juice mixed with 2 ounce of water every day or two.

Beverages

- For the whole first year, breastmilk or formula (made with tap water for the fluoride) should be your baby's primary beverage. Typical amounts are listed in the table at the end of the sheet.
- Fruit juice tends to be high in sugar and fills up babies so they eat less nutritious food. We do NOT recommend giving juice to your baby in the first year.

Food Sensitivities and Allergies

- While food allergies seem to be more common among children than they were in the past, no one knows the reason for this. We do not recommend restricting any specific foods for babies because of concerns about allergies, but if you have food allergy questions or a family history of specific food allergies, please discuss this with your provider.
- Citrus fruits and tomatoes may cause a rash around the mouth in young children, but this is not a true allergy and is not dangerous; if it happens, you may want to cut back on these types of foods and try them again at a later time.

Peanuts and Peanut Butter

- Recent research suggests that early and continued eating of peanut products decreases the chance of developing a peanut allergy. Some children will still be allergic to peanuts, but introducing peanuts at 4-6 months can prevent peanut allergy for many children. If your child has other food allergies or severe eczema, (or if your family history causes you to be concerned), please discuss blood testing for peanut allergy before you introduce peanuts. Other infants should begin eating peanut products at 4-6 months. You can mix a small amount of smooth peanut butter into your infant's baby cereal or pureed food. Bamba, a peanut puff product (available online and in the Israeli or Kosher food section of some grocery stores) can be crumbled into baby cereal. Give a small amount the first few times, and if it is tolerated without hives continue to feed peanut containing products 3 times a week. Older infants and toddlers should continue to eat Bamba or smooth peanut butter (spread thinly on bread or cracker) 3 times a week.

CAUTION!

- Nuts, whole grapes, spoonfuls of peanut butter, round slices of hot dog, hard raw vegetables, popcorn, hard candies, and ice are all **choking hazards** and should not be given to your child until at least 4 years old. All foods you give younger children should be soft and in small pieces.
- Do not give your baby honey until he is over 1 year old (honey can carry botulism spores that are dangerous for a young baby but not for older children or adults).

Feeding Suggestions For Your Baby

	Breastmilk or Formula	Cereals/Grains	Vegetables	Fruits	Meats/Beans/Eggs /Other Proteins
4-6 Months (solids 1 or 2 times a day)	5-6 times (24-36 ounces total)	Baby cereal 1-3 Tablespoons per serving mixed with breastmilk, formula, or water; start once a day and increase to twice a day	Start with 1 Tablespoon and increase gradually to about 2 ounces per serving; may use store-bought Stage 1 baby food vegetables or homemade cooked pureed vegetables	Start with 1 Tablespoon and increase gradually to about 2 ounces per serving; may use store-bought Stage 1 baby food fruits or homemade fresh, pureed fruits	Start with 1 Tablespoon and increase gradually up to about 2 ounces per serving; may use store-bought Stage 1 baby food meats or beans or homemade cooked pureed meats or beans
6-9 Months (solids 2 or 3 times a day)	5-6 times (24-36 ounces total)	2 servings baby cereal; may start biscuits or soft pieces of bread/toast when baby is sitting up well (NOTE: whole grain bread products are healthier than white bread products)	1-2 servings/day of 2-4 ounces each; may use store-bought Stage 1 or Stage 2 baby foods or homemade cooked, mashed vegetables	1-2 servings/day of 2-4 ounces each; may use store-bought Stage 1 or Stage 2 baby foods or homemade cooked, mashed vegetables	1-2 servings/day of 2-4 ounces each; may use store-bought Stage 1 or Stage 2 baby foods or homemade very soft shredded meats or beans
9-12 Months (solids 3 times a day)	4-5 times (16-24 ounces total)	2 servings/day baby cereal, oatmeal, Cheerios, soft breads, or pasta	1-2 servings/day of about 4 ounces each; may use store-bought baby foods or homemade soft, cooked vegetables	1-2 servings/day of about 4 ounces each; may use store-bought baby foods or homemade soft pieces of fruit	1-2 servings/day of meats, fish, beans, yogurt, cheese, eggs (maximum 3 eggs/week)